

class guide by day and time

MONDAY	TIMES	MONDAY CLASSES	DAY	DATES	ROOM LOCATION	TYPE
	8:45-10:00 AM	YOGA, BRING EASE & JOY IN AGING	M/TH	9/19-12/8	MULTI A	EXERCISE
	8:45-10:15 AM	ESL: LITERACY/BEGINNING LOW	M/TH/F	9/8-12/16	MEETING ROOM	ENRICHMENT
	8:45-10:15 AM	ESL: INTERMEDIATE	M/TH/F	9/8-12/16	MULTI B	ENRICHMENT
	9:00-11:00 AM	MEET THE PC	M/W	9/12-9/28	TECHNOLOGY ROOM	COMPUTER
	9:00-11:00 AM	GET CONNECTED - INTERNET (EMAIL)	M/W	10/3-10/19	TECHNOLOGY ROOM	COMPUTER
	9:00-11:00 AM	INTRODUCTION TO WORD	M/W	10/24-11/9	TECHNOLOGY ROOM	COMPUTER
	9:00 AM-12:00 PM	CREATIVE STITCHERY	M	ONGOING	ARTS & CRAFTS ROOM	ARTS & CRAFTS
	10:15 AM-12:00 PM	TAI CHI	M	ONGOING	MULTI A	EXERCISE
	10:30 AM-12:00 PM	ESL: BEGINNING HIGH	M/TH/F	9/8-12/16	MEETING ROOM	ENRICHMENT
	10:30 AM-12:00 PM	ESL: ADVANCED LOW	M/TH/F	9/8-12/16	MULTI B	ENRICHMENT
	M 1:00-2:00 PM TH 10:30-11:30 AM	LIFETIME OF STRENGTH, ENDURANCE, AND FLEXIBILITY	M/TH	11/7-12/19	MULTI A	EXERCISE
	1:00-3:00 PM	CURRENT AFFAIRS	M	9/19-12/12	MEETING ROOM	ENRICHMENT
	1:00-4:00 PM	WOODCARVING	M	ONGOING	ARTS & CRAFTS ROOM	ARTS & CRAFTS
	1:30-4:00 PM	QUILTMaking TECHNIQUES	M	9/12-11/14	MULTI B	ARTS & CRAFTS
	2:30-4:20 PM	STRESS MANAGEMENT	M	9/26-12/12	MULTI A	ENRICHMENT
	6:30-8:30 PM	IKEBANA	2nd & 4th M	ONGOING	ARTS & CRAFTS ROOM	ARTS & CRAFTS
	7:00-9:00 PM	SOCIAL DANCE CLUB	M	ONGOING	MULTI A	DANCE
TUESDAY	TIMES	TUESDAY CLASSES	DAY	DATES	ROOM LOCATION	TYPE
	9:00 AM-12:00 PM	DRAWING AND WATERCOLOR	T	9/6-12/6	ARTS & CRAFTS ROOM	ARTS & CRAFTS
	9:30-10:15 AM	STRONG FOR LIFE (SECTION 1)	T	ONGOING	DANCE & MOVEMENT ROOM	EXERCISE
	10:00-11:20 AM	BEGINNING LIPREADING	T	9/27-12/13	MEETING ROOM	ENRICHMENT
	10:30-11:15 AM	STRONG FOR LIFE (SECTION 2)	T	ONGOING	DANCE & MOVEMENT ROOM	EXERCISE
	10:30-11:30 AM	BOOK CLUB*	2nd T	ONGOING	TEEN CENTER*	ENRICHMENT
	12:30-2:30 PM	SPANISH, HIGH INT.CONVERSATION	T	9/13-12/6	MEETING ROOM	ENRICHMENT
	1:00-2:00 PM	LOW IMPACT AEROBICS	T/TH	11/1-12/13	MULTI A	EXERCISE
	1:00-2:30 PM	WORKOUT ON BROADWAY	T/TH	9/6-12/15	DANCE & MOVEMENT ROOM	DANCE
	1:00-4:00 PM	KARAOKE	T	ONGOING	ARTS & CRAFTS ROOM	MUSIC
	2:30-4:30 PM	CHINESE CHORUS	T	ONGOING	MULTI A	MUSIC
	4:00-6:00 PM	WII BOWLING	T	ONGOING	SOCIAL HALL	EXERCISE
	5:30-7:00 PM	GENTLE YOGA - LEVEL I	T	9/6-10/25	MULTI A	EXERCISE
	5:30-7:00 PM	GENTLE YOGA - LEVEL I	T	11/1-12/13	MULTI A	EXERCISE
	7:00-8:00 PM	BRAIN GANG	T	9/13-12/20	MEETING ROOM	ENRICHMENT
	7:15-8:30 PM	BELLY DANCING	T	ONGOING	DANCE & MOVEMENT ROOM	DANCE



class guide by day and time

WEDNESDAY	TIMES	WEDNESDAY CLASSES	DAY	DATES	ROOM LOCATION	TYPE
	9:00-11:00 AM	MEET THE PC	M/W	9/12-9/28	TECHNOLOGY ROOM	COMPUTER
	9:00-11:00 AM	GET CONNECTED - INTERNET (EMAIL)	M/W	10/3-10/19	TECHNOLOGY ROOM	COMPUTER
	9:00-11:00 AM	INTRODUCTION TO WORD	M/W	10/24-11/9	TECHNOLOGY ROOM	COMPUTER
	9:30-11:30 AM	CHORUS	W	9/7-12/14	MULTI A	MUSIC
	9:00 AM-12:00 PM	CERAMICS, SMALL SCULPTURE	W	9/7-12/14	ARTS & CRAFTS ROOM	ARTS & CRAFTS
	9:00 AM-12:00 PM	PAINTING CLUB	W	ONGOING	MULTI B	ARTS & CRAFTS
	10:00-11:15 AM	YOGA, THERAPEUTIC FOR SENIORS	W	ONGOING	DANCE & MOVEMENT ROOM	EXERCISE
	1:00-2:00 PM	EPISODES IN AMERICAN HISTORY	W	5 sessions*	MEETING ROOM	ENRICHMENT
	1:00-3:30 PM	KNITTING AND CROCHETING CLUB	W	ONGOING	MULTI B	ARTS & CRAFTS
	1:00-4:00 PM	CERAMICS, BEG./INTERMEDIATE	W	9/7-12/14	ARTS & CRAFTS ROOM	ARTS & CRAFTS
	1:30-4:15 PM	ORCHESTRA	W	9/7-12/7	MULTI A	MUSIC
	5:30-7:00 PM	QIGONG: EVENING*	W	9/7-12/14	MULTI A*	EXERCISE
	7:00-9:00 PM	JOY OF MOVEMENT	1st W	ONGOING	SOCIAL HALL	EXERCISE
THURSDAY	TIMES	THURSDAY CLASSES	DAY	DATES	ROOM LOCATION	TYPE
	8:45-10:00 AM	YOGA, BRING EASE & JOY IN AGING	M/TH	9/19-12/8	MULTI A	EXERCISE
	8:45-10:15 AM	ESL: LITERACY/BEGINNING LOW	M/TH/F	9/8-12/16	MEETING ROOM	ENRICHMENT
	8:45-10:15 AM	ESL: INTERMEDIATE	M/TH/F	9/8-12/16	MULTI B	ENRICHMENT
	9:00 AM-12:00 PM	CERAMICS, EARTH, GLAZE AND FIRE	TH	9/8-12/15	ARTS & CRAFTS ROOM	ARTS & CRAFTS
	10:00-11:30 AM	QIGONG: MORNING*	TH	ONGOING	COMMUNITY CENTER*	EXERCISE
	TH 10:30-11:30 AM M 1:00-2:00 PM	LIFETIME OF STRENGTH, ENDURANCE, AND FLEXIBILITY	M/TH	11/7-12/19	MULTI A	EXERCISE
	10:30 AM-12:00 PM	ESL: BEGINNING HIGH	M/TH/F	9/8-12/16	MEETING ROOM	ENRICHMENT
	10:30 AM-12:00 PM	ESL: ADVANCED LOW	M/TH/F	9/8-12/16	MULTI B	ENRICHMENT
	12:30-3:30 PM	MEMOIRS WRITING	TH	9/8-12/15	MEETING ROOM	ENRICHMENT
	1:00-2:00 PM	LOW IMPACT AEROBICS	T/TH	11/1-12/13	MULTI A	EXERCISE
	1:00-2:30 PM	WORKOUT ON BROADWAY	T/TH	9/6-12/15	DANCE & MOVEMENT ROOM	DANCE
	1:00-4:00 PM	FIGURE AND PORTRAIT DRAWING	TH	9/8-11/10	ARTS & CRAFTS ROOM	ARTS & CRAFTS
	2:45-4:30 PM	BEGINNING SOCIAL DANCE	TH	ONGOING	MULTI A	DANCE
FRIDAY	TIMES	FRIDAY CLASSES	DAY	DATES	ROOM LOCATION	TYPE
	8:45-10:15 AM	ESL: LITERACY/BEGINNING LOW	M/TH/F	9/8-12/16	MEETING ROOM	ENRICHMENT
	8:45-10:15 AM	ESL: INTERMEDIATE	M/TH/F	9/8-12/16	MULTI B	ENRICHMENT
	9:00 AM-12:00 PM	CASUAL CONTEMPORARY CALIGRAPHY	F	9/9-12/9	ARTS & CRAFTS ROOM	ARTS & CRAFTS
	10:00-11:15AM	FELDENKRAIS	F	9/9-12/9	MULTI A	EXERCISE
	10:30 AM-12:00 PM	ESL: BEGINNING HIGH	M/TH/F	9/8-12/16	MEETING ROOM	ENRICHMENT
	10:30 AM-12:00 PM	ESL: ADVANCED LOW	M/TH/F	9/8-12/16	MULTI B	ENRICHMENT
	1:00-2:00 PM	LINE DANCING	F	ONGOING	MULTI A	DANCE
	1:00-3:00 PM	ENGLISH ADVANCED CONVERSATION	F	9/9-12/16	MEETING ROOM	ENRICHMENT
	2:00-4:30 PM	CHINESE FOLK DANCING GROUP	F	ONGOING	DANCE & MOVEMENT ROOM	DANCE
	2:15-3:15 PM	SQUARE DANCING	F	9/2-12/16	MULTI A	DANCE

*See class description for special class & location information for this course.

